

# A JOURNEY OF DISCOVERY

*Guided Imagery/ Meditation with the Word of God*

*Give yourself a gift...*

**Discover** anew your uniqueness;  
**Relieve** stress;  
**Share** your concerns;  
**Address** faith questions;  
**Create** bonds;  
**Grow** in the integration of body, mind and spirit;  
**Experience** a new and deeper way of being with...  
**Yourself**  
**Others and**  
**God.**

## THE "ROUTE" ...

Time will be given to:

- Relaxation;
- Centering;
- Exploring various forms of guided imagery;
- Meditating with the Word of God;
- Creative Expression.

Date: Mondays, Beginning January 23, 1995  
Time: 12:00-1:15 p.m.  
Place: SGW Annex Z - 2090 Mackay, Room 105  
Information & Michelina Bertone S.S.A.  
Registration: 848-3591